Coaching Philosophy Assignment

This assignment is three sections. Please use the questions in each section to guide your writing. You can (and should) include additional information for each section. Your paper should be a minimum of 3 pages. *

*** Please do not write the questions below into your paper. This paper should be an essay; it should not be in a question/answer format.** Please contact me if you have questions.

Section 1 Personal Reflection: Your personality and goals are likely to influence your coaching style and view of coaching. Please think about the following questions:

Who are you?
What are your core values?
What do you want to achieve life?
Is your current behavior appropriate to your life's goals?
What are some of your most notable strengths and weaknesses?
Do you think there is a difference between how you perceive yourself and how other people perceive you?
Can you think of anything or anyone that might have influenced your desire to want to become a coach/leader or someone that has a positive impact on others?

Section 2 Coaching Objectives: This section prompts you to think about your coaching (or leadership) objectives (i.e., what would you like to achieve as a coach or leader?). Relatedly, it is essential to consider what you might need to do to achieve those objectives. Please think about the following questions:

What age and level of competition are you planning to coach?

What value do you place on winning, having fun, and development (the major objectives associated with coaching outlined in chapter 2)?
What might you need to do to achieve your main coaching objectives? (Please connect your answer with material presented in chapters 1-8 in the textbook.)
How will you communicate with and motivate your athletes?
How will you discipline athletes?
How will you accommodate athlete diversity?
What is your coaching or leadership style? Is this a reflection of who you are as a person? Please discuss.
Do you have any coaching role models? How have they influenced your desire to coach and the type of coach you want to be?
Have you thought about your coaching/leadership philosophy before now?
Do you think your coaching philosophy should change over time? Why or why not?

Please feel free to include any other relevant material from the course.

Section 3 Benefits of a Coaching Philosophy: Please discuss why writing a coaching philosophy is important, paying particular attention to how it is likely to impact the enjoyment and success of a coach.

Please make sure that you read the grading rubric before beginning this assignment.